Responsibility & Legal Standards

ADAPT / 59 MDW

Exercise 1:

- “By the Numbers”

Today's Objectives:

1. Gain understanding of what brought everyone here
2. Understand potential legal ramifications
3. Importance of taking personal responsibility
4. Aid in personal decision making and goal setting

Openers:

1. **Your name & what you do**
2. **What caused you to be here today?**
3. **How do you feel about being here?**
4. **If you don’t think you belong here, say so & explain why.**
5. **Are you glad to be here? If so, say so and explain why.**

Legal Standards:

- **Texas legal BAL = .08**
  - **Changed from .10 in 1999**
- **DWI – possible on 1st offense:**
  - **Fine not to exceed $2,000**
  - **Jail term of 3 to 180 days**
  - **Mandatory alcohol education**
  - **License suspension 3 to 12 months**

Legal Standards:

- **Public intoxication laws**
- **21 is legal drinking age in Texas**
- **If active duty, disciplinary action by CC/CCF set by UCMJ:**
  - **LOC / LOR / UIF**
  - **Article 15/Loss of rank/pay & extra duty**
  - **Possible separation**
  - **Correctional custody/Base restriction**
  - **Loss of driving privileges / fines**

If Active Duty:

- **On-base DUI = any alcohol in system**
- **On-base DWI = .05 or above**
- **AF policy on drug use:**
  - **Not compatible**
  - **Leads to criminal prosecution**

How do you handle the responsibility for being here?

- **It’s alright to drink & drive as long as I don’t get caught or get in a wreck.**
- **The cop was just looking to hassle someone.**
- **If my (fill in the blank) hadn’t ratted on me for (fill in the blank), then there wouldn’t have been a problem.**

- **I’m here after I hit my (fill in the blank) & I had alcohol before it happened. It’s (fill in the blank) fault because they started the argument/problem.**
- **So I didn’t show up to work on time / at all / etc., because I was drunk/hungover/stoned. It’s not a big deal.**
- **It only happened this *one* time.**
- **I only had a couple….. (of what?)**

Accepting Responsibility:

- I'm here after DWI. I feel really bad. I shouldn't have gotten behind the wheel.
- I really got drunk the night before and showed up to work smelling like alcohol. I was impaired. My supervisor did the right thing by reporting me.

Drawbridge Exercise:

Characters & Equivalents:

Exercise Character:	*Military Equivalent:*	*Civilian Equivalent:*
1. Baroness	1. Client	1. Client
2. Baron	2. Commander	2. Manager
3. Boatman	3. First Sergeant	3. Shift leader
4. Friend	4. Supervisor	4. Immediate

Trip Exercise:

LA → New York

Effective Goals:

- SMART goals:
  - S – specific
  - M – measurable
  - A – attainable / achievable
  - R – realistic
  - T – time-framed

SMART Goals:

- Assists in managing time
- Gives sense of direction/purpose
- Helps in organizing/prioritizing
- Helps in planning your day / week / month / etc.

SMART Goals:

- Provides sound basis for self-appraisal & development
- Enhances personal growth & success
- Increases self-esteem & self-confidence

Goal Exercise:

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1. **A problem I have is: _____**
2. **My goal in changing this problem is: _____**
3. **Objective – What will I *DO* to make this change: _____**

(specific, measurable, attainable, realistic, & time-limited)

Summary:

- Negative impact of alcohol/drugs
- Legal boundaries
- Personal responsibility
- Goal setting

Questions?